Smoky Salmon Salad

10 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

This salad combines the flavor of smoked salmon with the tender bite of a freshly seared filet. The trick is a smoky glaze that packs a flavor punch, plus crisp greens, crunchy pita chips and a cucumber dill dressing. It's sophisticated and simple. Not to mention delicious.

Getting Organized

EQUIPMENT
- Large Skillet
- Large Mixing Bowl

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS
- Salmon
- Smoky Glaze
- Spinach & Arugula
- Pita Chips
- Cucumber Dill Dressing

Good to Know

If you ordered the **Carb Conscious version**, we sent you Red Peppers instead of Pita Chips, reducing the **carbs per serving to 38g**. Use in place of the pita chips in step 2.

Health snapshot per serving – 670 Calories, 43g Fat, 52g Carbs, 22g Protein, and 22 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Salmon, Spinach, Cucumber, Mayonnaise, Sour Cream, Arugula, Radicchio, Pita Chips, Brown Sugar, Water, Lemon, Red Onion, Yellow Onion, Capers, Liquid Smoke, Tamari, Horseradish, Salt, Dill, Black Pepper, Paprika.

meez meals

1. **Cook the Salmon**
   Pat dry the ***Salmon*** with a paper towel. Heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the salmon and cook until it turns brown, about 3 to 4 minutes. Flip and cook for another 2 minutes.

   Add the ***Smoky Glaze*** and cook, continuously spooning the glaze on top of the salmon as it cooks and thickens, an additional 2 minutes. Remove from the heat and transfer the salmon to a plate. Spoon any additional marinade on top the salmon and let it rest for 5 minutes.

2. **Create the Salad**
   While the salmon is resting, combine the ***Spinach & Arugula, Pita Chips***, and two-thirds of the ***Cucumber Dill Dressing*** In a large mixing bowl and toss.

3. **Put It All Together**
   Serve the tossed salad topped with the smoky salmon and drizzle with the remaining Cucumber Dill Dressing.

   Enjoy!

Once you have spooned the remaining marinade on the salmon, you will want to rinse out the skillet right away.

Instructions for two servings.
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